



FREMONT ROSS

Coach: Travis Bates.

2013 Finish: fifth in TRAC

Key Returnees: Seniors Cassie Wolesslagel (sprints, hurdles), Mariah Mathews (sprints), Abbi Hasselbach (pole vault), Jessica Schell (throws), Erin Slaughter (hurdles) and Valerie Bixler (distance); junior Briana Frost (sprints); sophomores Elayna Ackerman (hurdles), Cassidi Lovell (middle distance) and Amber Otermat (pole vault).

Newcomers: Freshmen Vanashia Elkins (sprints), Imani Elkins (sprints), Derae James (sprints), Aeriana Whittaker (sprints), Kimberly Hetrick (distance) and Mattie Overmyer (throws).

Key Losses: Ariana Spencer.

Outlook: Spencer was the lone big scorer lost to graduation. Wolesslagel, Mathews and Ackerman were all part of the 4x100 relay that went to state after finishing third at regionals. Mathews was a regional qualifier in the 100 and 200 dashes, while Ackerman, as a freshman, made it to the regional meet in the 300 hurdles. Schell qualified to regionals in the discus.

“We have a lot of experience coming back, especially in our big senior class where we have great leadership with state and regional meet experience,” said Bates, now in his 23rd year with the program. “Cassie Wolesslagel and Mariah Mathews want to get back to state and have legitimate shots in their individual events, too. Mariah comes into the season in much better shape than she has been in years prior, which shows her maturity and dedication. Our freshman class has a lot of talent that could add the depth we have lacked the past two years to score big points in the TRAC championships.”

FREMONT ROSS

Coach: John Elder.

2013 Finish: Third in TRAC; third at districts.

Returnees: Seniors Jared Ballenger (throws), Louis Guardiola (distance)

and Mike Muffler (throws/sprints); juniors Nick Christiansen (pole vault) and Jalen Oman (pole vault); sophomores Jeffrey Barnett (hurdles/sprints), Jermani Homler (jumps), Elijah Johnson (hurdles), Tyler Schell (pole vault) and Tavarius Simms (jumps).

Newcomers: Freshmen Drew Egbert (sprints), Jared Fox (sprints), Tyler Grine (hurdles) and Jalen Spencer (sprints).

Graduates: De Churchya (sprints), Jacob Luc (sprints), Shanquise Mills (jumps), Justin Schaffer, Drew Starks (sprints) and Dylan Starks (sprints).

Outlook: Ross lost a big part of last year's success with the loss of its sprint relays and top sprinters. But the Little Giants return a three-time state qualifier and school record holder in Ballenger, who qualified to state in the discus as a junior. Ballenger was recently second in the shot put at the indoor state championships. Also back is Guardiola, still looking for that elusive trip to Columbus in the distance events. Guardiola was fifth in the 1,600 at regionals to miss state by one spot as a junior. Johnson made regionals as a freshman in the hurdles.

“At this point, we are optimistic about the season,” Elder said. “We have been telling the athletes that we will not have a set lineup for quite a bit of the season as we tinker with events and relays. We know what we have with Ballenger and Guardiola. Their goals are to compete in Columbus in June. After that, our goal as a team is to advance as many as we can to regionals. Last year we had a lot of fifth-place finishes at regionals.”

ROUNDUP

Track: Little Giant girls fourth, boys fifth at Knight "Warm-Up"

TOLEDO — Fremont Ross' Paige Collier, Abbi Hasselbach and Amber Otermat all had vaults of 8-00 to win the pole vault relay for the girls team in a fourth place finish Friday at St. Francis de Sales' Knight "Warm-Up."

Ross' Jared Ballenger took first in the shot put (53 feet, 1 inch) and second in the discus for the Little Giants boys team in a fifth place finish. Mike Muffler, Jalen Oman, Louis Guardiola and Jaylen Spencer made up the Little Giants' winning 4x400 relay (3:42.7).

Jessica Schell was second for Ross in the girls discus, while Cassidi Lovell was runner-up in the 800. Lovell, Cassie Woleslagel, Alexandria Holmes and Elayna Ackerman took second in the girls 4x400 relay.

Jeffrey Barnett and Tavarius Simms finished second and third, respectively, for the Little Giants in the boys long jump. Elijah Johnson was runner-up in the 110 hurdles.

Track: Bowling Green Bobcat Invitational (from late Friday)

BOWLING GREEN — Fremont Ross' Mariah Mathews won the 200 (27.14) dash and Cassie Woleslagel won the 300 hurdles (49.60) as the Little Giant girls won the Bowling Green Bobcat Invitational on Friday with 125 team points.

Jessica Schell was second in the discus, Faye Sloma in the 3,200, Amber Otermat in the pole vault, Elayna Ackerman was runner-up in the 100 hurdles and Jordan Robinson placed second in the 300 hurdles to Woleslagel.

Ross' Jared Ballenger set meet records in the shot put (56-01) and discus (166-10) as the Little Giants took second behind Defiance in the boys standings.

Jeffrey Barnett broke another meet record for the Little Giants, winning the long jump with a leap of 21-04 ½. Barnett also won the 300 hurdles (41.10).

Louis Guardiola, Mike Muffler, Jalen Oman and Jaylen Spencer won the 4x400 relay (3:32). Guardiola added a second in the 800.

Track: Oak Harbor at Fremont Ross

Tyler Grine won the 100, Louis Guardiola the 1,600 and Jeff Barnett the long jump as Fremont Ross's boys track team topped Oak Harbor.

Jermani Homler won the high jump and Jared Ballenger took both throwing events.

Cassidi Lovell won the 800, Derae James the 200 and Kimberly Hetrick the 2,300 as the Little Giants girls also won the meet. Abbi Hasselbach won the pole vault and Jessica Schell the discus.

Andy Burnette won the 400, Cody Pfeifer the 300 hurdles and Tyler Sievert the 800 for Oak Harbor's boys. Cliff Biggert won the 200 and Austin Apple the pole vault.

Jordyn Dunn won the shot put for the Rockets' girls.

Track: Bill Krause Invitational

TIFFIN — Fremont Ross' Jared Balenger won shot put (57-00.5) and tied the meet record in a winning effort in the discus (167-03) as the Little Giants earned the boys team championship at Saturday's Bill Krause Invitational hosted by Tiffin Columbian.

Louis Guardiola won the 800 (2:01.09) and was second in the 1,600 (4:32.80). Elijah Johnson ran a time of 15.68 seconds to win the 110 hurdles, while Ross' Jeffrey Barnett took first in the 300 hurdles (40.71). Barnett added a first in the long jump with a winning leap of 19-11.75.

All four of the Little Giants' relays finished in the top five.

Elayna Ackerman won the 100 hurdles in 16.59 seconds and Cassie Wolesslagel took first in the 300 hurdles (49.13), beating out teammate Jordan Robinson as the Little Giants were second by a single point to Wauseon in the girls meet.

Wolesslagel, Ackerman, Vanashia Elkins and Mathews won the 4x100 (51.58), while Imani Elkins, Mathews, Robinson and Vanashia Elkins were tops in the 4x200 (1:50.70). Ackerman, Alexandria Holmes, Cassidi Lovell and Wolesslagel took first in the 4x400 in 4:20.18, Lovell, Holmes, Faye Sloma and Valerie Bixler won the 4x800 (10:19.47).

Abbi Hasselbach (9-06) and Amber Otermat were first and second for Ross, respectively, in the pole vault.

Ava Stepanic won the long jump with a leap of 15 feet, 10.75 inches for SJCC, which finished fifth. Madysyn Kleinschmit had two top fives in the 100 and 200, while Chloe Liebold was third in the 1,600 and fourth in the 800 respectively.

ROUNDUP

Ballenger snags stadium record for Fremont Ross

Jared Ballenger surpassed the meet's oldest record to win the discus at 190-feet, 5-inches Saturday as Fremont Ross's boys track team finished the 44th annual Bellevue Elks Track Invitational behind only Norwalk.

"I PRed and broke the school record," said Ballenger, who was recognized as the MVP on the boys side. "Breaking the stadium record and my own record – it's putting my name in Fremont Ross history. That's something special not many people get to do."

Ballenger topped Glen Shupe's stadium record of 189-4 from 1982. Perkins' Matt Hoty held the invite record at 182-9 from 2010.

Ballenger had a toss of 189-8 in prelims Saturday.

Louis Guardiola won the 1,600, Jeffery Barnett the 300 hurdles and Ballenger the shot put.

"(Saturday) was an average day for me in the shot put," said Ballenger, who will continue his career at Ohio State.

Ballenger threw 52-6.25 on Saturday. His personal-best is 57-1.

Ballenger qualified to state in the discus each of his first three years with a top finish of fifth as a freshman.

"I'd really like to make state in both events," he said. "The big goal would be to win the state meet in the discus."

Jalen Oman, Barnett, Jaylen Spencer and Tyler Grine won the 4X200 relay.

Cassie Woleslagel won the 300 hurdles, Cassidi Lovell the 800 and Amber Otermat the pole vault Saturday as the Little Giants' girls finished second to Perkins.

Madison Scagnetti won the 3,200, and Kylie Vogel, Mariah McPeak, Elizabeth Ish and Lauren Turner won the 4X800 relay as the Lady Red finished third.

Brandon Tobin won the 400 as Bellevue's boys finished third.

